Providing individuals with video-based interventions is effective in learning new daily living skills to promote independence.

**BACKGROUND**

Individuals with autism can demonstrate difficulties with daily living skills due to their symptomatology (Bal et al., 2017). Daily living skills are imperative for independent adult living, which is why these skills are often prioritized by parents of individuals with autism. Video-Based Interventions (VBIs) are becoming more prominent to teach individuals daily living skills as an alternative instruction (Hughes and Yakubova, 2016). The purpose of teaching daily living skills in this manner is to increase independence and reduce dependence on others on a day-to-day basis (Howlin and Moss, 2012). This study utilized a multiple baseline across behaviors design, focusing on tasks that the participants self-selected. Results demonstrated that, with video prompting, the individuals were able to independently complete all three tasks with high accuracy, thereby increasing their daily living skills repertoire.

**METHODS**

- **Participants**
  - Participant 1: 20 years old; ASD; ADHD
  - Participant 2: 21 years old; ASD; Down Syndrome

- **Setting**
  - On-site mock apartment

- **Data Collection**
  - Baseline and intervention data was collected by calculating the percent of steps completed correctly/total steps

- **Inter-Observer Agreement (IOA)**
  - Calculated using a trial-by-trial IOA method and collected for 56.14% of sessions, across both participants
  - Participant 1- averaging at 97.90% for all three skills
  - Participant 2- averaging at 97.21% for all three skills

- **Experimental Design**
  - Single Subject: Non-concurrent multiple baseline design across behaviors and across participants

**RESULTS**

- **Participant 1-**
  - **Cooking Spaghetti**: Completed steps independently at an average percentage of 89.9% during intervention
  - **Roasting Chicken**: Completed steps independently at an average percentage of 100% during intervention
  - **Washing Dishes**: Completed steps independently at an average percentage of 89.8% during intervention

- **Participant 2-**
  - **Cooking Spaghetti**: Completed steps independently at an average percentage of 88.5% during intervention
  - **Roasting Chicken**: Completed steps independently at an average percentage of 84.4% during intervention
  - **Washing Dishes**: Completed steps independently at an average percentage of 87.2% during intervention

**DISCUSSION**

- VBI's to teach various skills can be done with high fidelity and discussing with the adult prior to selecting tasks is recommended to determine what tasks will be most beneficial for independent living.

**FUTURE WORK & LIMITATIONS**

- Limitations included occasional inconsistency with intervention due to overlapping school events
- Future work will include replicating this study with additional participants and to see how this intervention generalizes to additional settings (i.e., home)